



# Thomasville Fire Department



April

## Fire and Life Safety Bulletin

2020

XX

### What you need to know about coronavirus disease 2019 (COVID-19)

#### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

#### Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

#### Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

#### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

#### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

#### What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

#### How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

#### If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

#### What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

#### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

#### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



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[cdc.gov/COVID19](https://cdc.gov/COVID19)

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

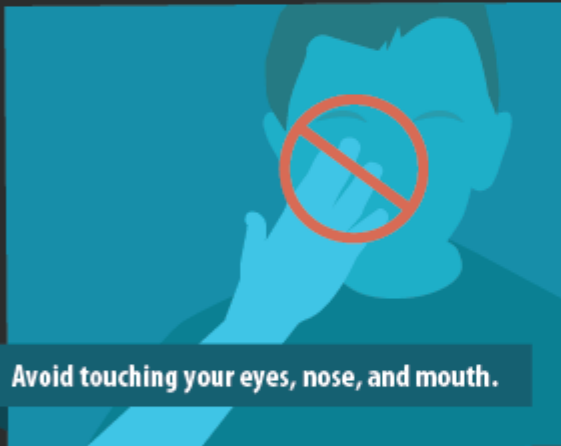
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://cdc.gov/COVID19)



Hands that look clean can still have icky germs!

# Wash YOUR HANDS!



This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



# The **10 Germiest** Places in Your **Office!**



*It's Not the Toilet Seat*

If you thought your toilet seat was the dirtiest place at work, **think again!**

Germs lurk in some of the most unassuming of places around your office.

**1**

Faucet Handle  
**229,000**  
Germs/Sq. Inch.



**2**

Desk Phones  
**25,127**  
Germs/Sq. Inch.



**3**

Desktop  
**20,961**  
Germs/Sq. Inch.



**4**

Elevator Buttons  
**3,500**  
Germs/Sq. Inch.



**5**

Keyboard  
**3,295**  
Germs/Sq. Inch.



**6**

Mouse  
**1,676**  
Germs/Sq. Inch.



**7**

ATM in Lobby  
**1,200**  
Germs/Sq. Inch.



**8**

Fax Machine  
**301**  
Germs/Sq. Inch.



**9**

Microwave  
**214**  
Germs/Sq. Inch.



**10**

Toilet Seat  
**49**  
Germs/Sq. Inch.



## Hand Washing Steps



A good hand wash should last for **20 seconds** which is roughly the equivalent of singing one verse of **Twinkle Twinkle Little Star.**

Follow the above steps to wash hands the right way and stay germ free!

### Sources:

<http://www.health.state.mn.us/handhygiene/why/hide.html>  
<http://www.nyc.gov/html/hhc/html/community/hhc-handwashing.shtml>  
<http://teamrich.wordpress.com/2007/12/17/top-22-germ-infested-places/>

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# CLEAN THESE PLACES TO Cut back on germs

Sneezes, coughs and handshakes aren't the only way to spread disease-causing germs. The home is a huge collector of viruses, bacteria and allergy-inducing dust mites. Target these germ-harboring hotspots often to create a healthy living space for your family.

## 1 PILLOWCASES AND SHEETS

Bedding can conceal germs

such as those that cause pinkeye. Wash pillowcases and sheets weekly in hot water and detergent.



## 8 COMPUTER MICE

Wash your hands frequently to reduce

the spread of germs on your mouse, then wipe the mouse down with antiseptic pads.



## 2 TOYS

Germs can linger on hard plastic toys for up to

24 hours. Wipe or dunk the toy in a homemade bleach solution or an EPA-registered disinfectant, then let it stand for three to five minutes before rinsing with clean water.



## 7 SMARTPHONES

One study found that 81 percent of mobile

phones played host to infection-causing microbes. Wipe yours down frequently with cloths specially designed to sterilize electronics.



## 6 DOORKNOBS

Given how frequently they're touched, it's

no wonder handles and knobs pose a risk. Wipe them with disinfectant or a bleach solution.



## 3 DISH TOWELS

In a study, more than eight in 10 homes had moderate to heavy bacterial growth on kitchen towels. Machine-wash them often using the hot cycle. Replace sponges frequently.



## 4 SINKS

In the same study, half of kitchen taps harbored disease-causing bacteria. Wash them frequently with hot, soapy water.

## 5 CUTTING BOARDS

Wash acrylic, plastic, glass or wood boards in the dishwasher. Sanitize counter tops with a solution of 1 tablespoon bleach in a gallon of water. Replace worn or cracked boards.



# The Top 10 Germiest Spots in Your Home

#10



18%  
have coliform

14%  
have mold  
and yeast

CUTTING BOARDS

#9



27%  
have mold  
and yeast

STOVE KNOBS

#8



32%  
have coliform

18%  
have mold

KITCHEN COUNTERS

#7



14%  
have coliform

55%  
have mold  
and yeast

PET TOYS

#6



9%  
have coliform

27%  
have staph

FAUCET HANDLES

#5



9%  
have coliform

50%  
have mold  
and yeast

COFFEE MAKERS

#4



18%  
have coliform

45%  
have mold  
and yeast

PET BOWLS

#3



27%  
have coliform

64%  
have mold  
and yeast

14%  
have staph

TOOTHBRUSH HOLDERS

#2



45%  
have coliform

27%  
have mold  
and yeast

KITCHEN SINKS

#1



77%  
have coliform

86%  
have mold  
and yeast

18%  
have staph

DISH SPONGES



# LAWN MOWER SAFETY TIPS

Check out these tips to avoid injuries while mowing your lawn this season.

1

Never use your hands to remove grass or debris from the lawnmower.

2

Never lift a mower from the bottom or the blades will cut your fingers, even when not running.

3

Never cut grass when the ground is damp.

4

Read your mower's instruction manual prior to use.

5

Do not remove any safety devices or guards on switches.

6

Only allow one person at a time on a riding mower.

7

Keep up with the maintenance of your mower, and keep blades sharp.

8

Do not drink alcohol before operating a lawnmower.

9

Wear protective goggles and gloves, and always wear shoes while mowing the lawn.

10

Do not allow children on or near a lawnmower, especially when it is running.

22%

of lawnmower injuries involve the hand, wrist or finger.



Lawnmower injuries are most common for:



Adults 25-64 years of age  
Children under the age of 5

25%

of all hand and foot lawnmower injuries result in amputation.



Each year, more than

75,000

people are injured using a lawnmower.

Stay safe this season while mowing your lawn. Learn more at [www.handcare.org](http://www.handcare.org).



ASSH

American Society for  
Surgery of the Hand

# Keep Kids Safe

## FROM LAWN MOWER INJURIES

In the U.S., more than **9,000 children** go to the ER for lawn mower-related injuries every year.

**800 kids**

are run over by a riding mower

**600**

of these  
require

**amputation**



two **most common**  
ages of  
injury



**3** and **16**



### WHEN CAN KIDS MOW THE LAWN?



**PUSH MOWER**

Age **12**  
or older



**RIDING MOWER**

Age **16**  
or older

- Kids must be both strong and mature enough.
- Train teens to operate the mower safely.
- Wear eye protection, and closed toe shoes.

# NEVER



take a child as  
a passenger  
on a riding  
mower.

### KEEP KIDS OUT OF YARD WHILE MOWING!

The blades can  
fire **a rock or  
stick** like a  
bullet.



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## Turkey Season Opens in April, Wildlife Commission Offers Safety Tips

The N.C Wildlife Resources Commission will open the statewide wild turkey season April 11 through May 9, preceded by a youth-only turkey season from April 4 through April 10. The daily limit is one turkey and the possession and season limit is two turkeys per hunter, only one of which may be taken during youth season.

During youth season, hunting is only allowed for those younger than 18 years of age, but hunters age 16 and 17 must be properly licensed. Those under the age of 16 are exempt from license requirements provided they are accompanied by a licensed adult at least 18 years of age. If youth are properly licensed or have successfully obtained a hunter education certificate, they may hunt without the supervision of an adult.

Based on the ongoing and rapidly evolving situation concerning the recent outbreak of novel coronavirus (covid-19), the Commission's hunter education classes [have been cancelled](#) through April 30. Any potential hunter that needs to complete the hunter education certification can take one of the three online hunter education courses (with varying fees) that provide a convenient alternative to the classroom course. The Commission has moved to temporarily waive the field day requirement for our online courses, so once the online course is completed, a hunter education card can be printed in order to purchase a North Carolina hunting license. More information about online courses can be found at [ncwildlife.org/huntered](http://ncwildlife.org/huntered).

**The Commission's [Home from the Hunt™](#) campaign offers these safety tips for turkey hunters:**

All bait must be consumed or removed for 10 days before that area can be legally hunted.

Avoid wearing tom turkey-related colors, specifically red, white, blue or black.

Stalking a turkey is dangerous, as it increases your chances of being mistaken for game.

If another hunter approaches, alert them in a loud, clear voice to ensure they are aware of your location.

Whenever walking through the woods, make sure your decoy or harvested turkey is either not visible or wrapped in blaze orange to avoid misidentification.

Report any turkey harvested using the [Big Game Harvest Report Card](#). License-exempt youths should report their harvest using a Big Game Harvest Report Card for License-Exempt Hunters.

Remember that pistols, rifles or black powder rifles, dogs and electronic or recorded calls are prohibited from use during turkey season.

**Remember the importance of firearm safety:**

- Treat all firearms as if they are loaded;
- Keep your firearm muzzle pointed in a safe direction, never toward a person;
- Never put your finger on the trigger until you are ready to shoot; and
- Positively identify your target and what is behind it before pulling the trigger.

Anyone who witnesses suspicious activity such as poaching or baiting may be eligible to receive a reward (up to \$1,000) by reporting information that leads to a conviction to the Turn-In-Poachers program. For information on eligible violations and to learn how to submit a tip, visit [ncwildlife.org/wildtip](http://ncwildlife.org/wildtip).

For regulations and restrictions on turkey hunting, including information on youth season, refer to the [2019-2020 Inland Fishing, Hunting and Trapping Regulations Digest](#).

# HOW TO STAY HEALTHY AROUND PETS



**Always wash your hands**—and your child's—after handling or being around animals or their waste, food, or supplies (like cages, water bowls, toys, beds, leashes, etc.). This is especially important before handling baby bottles and pacifiers or holding infants.

- **Choose the right pets for your household.** Do some research before getting a new pet.



» Children under 5 years of age, adults over 65 years of age, and anyone with a weakened immune system should not have contact with rodents, reptiles, amphibians, and poultry.

- **Don't kiss, snuggle, or hold** rodents, reptiles, amphibians, and poultry close to your face. These animals are more likely to spread germs.
- **Always supervise children around pets.** Don't let them kiss their pets, hold pets close to their faces, or allow pets to lick their face or mouth.
- **Keep pets and their supplies out of the kitchen** or other areas where you prepare, serve, or eat food.
- **Clean up after animals properly.**



» Scoop cat litter daily (especially if anyone in the home is pregnant) and change it at least twice weekly. Pregnant women should not clean cat litter.



» Always remove dog waste from private and public spaces.



» Clean cages, habitats, and supplies outside the home when possible to avoid contaminating surfaces. If that is not possible, then clean them in a laundry sink or bathtub and then disinfect that

- **Avoid rough play with animals** to prevent bites and scratches. Teach children to play with animals appropriately. Do not let small children near pets that are eating.
- **Clean bites and scratches immediately** with soap and water, and seek medical care if the wound is serious or becomes red, painful, warm, or swollen; the animal appears sick; or if you don't know the vaccination status of the animal.
- **Enjoy wildlife from a safe distance** to avoid illness and injury.



## **Your links to all official City Thomasville Social Media sources**

**<http://www.thomasville-nc.gov/services/thomasville-social-media-outlets>**

The City maintains a variety of Social Media outlets that are dedicated to different departments and user groups. This page gives you access to all of the official outlets maintained by city staff including the City Facebook page, Parks and Recreation Facebook page, Emergency Management Facebook Page, Police Department Twitter page, and Emergency Management Twitter page.

We also have an emergency push notification system called Nixle. This system allows you to sign-up for notifications- including weather information from the National Weather Service, Emergency road closures or other emergency notifications, along with other community information. Nixle Alerts:

Receive alerts from your local agencies Sign Up at <https://local.nixle.com/register/> ...or text your ZIP CODE to 888777 for mobile alerts

### Sign Up : Nixle

You will receive a single opt in welcome message. Reply YES to continue to receive SMS text messages. You may opt out at any point by sending STOP to 888777 . Send HELP to 888777 for information.

**For additional Fire & Life Safety Information Contact: Thomasville FD Fire & Life Safety Division (336)475-5545**

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